

UTAH COMMUNITY RESOURCES

FOR YOU AND YOUR FAMILY
DURING AND AFTER PREGNANCY



MATERNAL & INFANT HEALTH PROGRAM

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UTAH COMMUNITY RESOURCES

Assistance

Food and clothing for baby, mother or other family members, call the Baby Your Baby Hotline for a referral to a location in your area. 1-800-826-9662

Utah Food Bank 801-978-2452

Food Stamps/Workforce Services 801-526-0950
1-866-435-7414

Women, Infants, and Children (WIC) 1-877-942-5437
WIC is a nutrition program for pregnant women, women with children, for infants and children. WIC provides nutritional education, healthy foods, breastfeeding support, health assessments and referrals to other services.

The Teddy Bear Den is a prenatal incentive program sponsored by the March of Dimes. Clients earn points through health-promoting activities to help earn baby care items. 801-327-9464
(May sign up through Baby Your Baby, WIC or Medicaid)

Baby Your Baby

Hotline 1-800-826-9662
A resource to answer your questions and locate the services you and your family may need before, during and after pregnancy. If you don't find what you need on this list, call Monday—Thursday 8 a.m. to 5 p.m.; leave a message after hours. <http://www.babyyourbaby.org/>

Baby Watch/Early Intervention

Hotline 1-800-961-4226
Utah's network of services for children, birth to three years of age with developmental delay or disabilities.

Birth Control and Family Planning

Planned Parenthood Facts of Life Line
1-800-230-7526 (800-230 PLAN)
Logan Clinic 435-753-0724
Ogden Clinic 801-479-7721
Orem Clinic 801-226-5246
Wasatch Clinic 435-654-7105
Salt Lake Clinic 801-322-5571 or 801-257-6789
South Jordan Clinic 801-254-2052
St. George Clinic 435-674-9933
West Valley Clinic 801-973-9675

Preconception Health and Health Care
Information and tips for planning a health pregnancy
<http://www.cdc.gov/preconception/index.html>

National Campaign to Prevent Teen and Unplanned Pregnancy <http://thenationalcampaign.org/>

Natural Family Planning Services in Utah
<http://intermountainfertilitycare.com/>

Birth and Death Certificates

Utah Dept. of Health Vital Records 801-538-6105

Breastfeeding

Pregnancy Risk Line/Mother to Baby 1-866-626-6847
La Leche League 1-877-452-5324

<http://www.lalecheleague.org/>

U of U Hospital Lactation Clinic 801-581-2205

Breastfeeding—Best for Baby—Best for Mom

<http://www.womenshealth.gov/breastfeeding/>

Utah Coalition to Promote Breastfeeding

<http://www.utahbreastfeeding.org/>

Nutritional Advice for Pregnant and Breastfeeding Women

<http://www.choosemyplate.gov/moms-breastfeeding-nutritional-needs>

Child Abuse/Neglect

Division of Child & Family Health Services (DCFS)

1-855-323-3237

Children's Justice Center

Avenues (Salt Lake) 385-468-4560

South Valley (Salt lake) 385-468-4580

Provo 801-851-8554

Child Care

The Family Support Center 801-955-9110

Provides free Crisis Nursery and counseling services

Mountain Land Child Care Resource and Referral

1-800-952-8220

Office of Work and Family Life 1-800-622-7390

Children's Service Society of Utah 1-800-839-7444

or 801-355-7444

Disability Information

Call 211

Emergencies - 911

(24-hour life-threatening)

Financial Counseling

AAA Fair Credit Foundation 1-800-351-4195

American Credit Foundation 1-800-259-0601

Grieving Parent Support Services

Caring Connections 801-585-9522

Support groups and educational materials for people experiencing a loss of a loved one.

<http://nursing.utah.edu/caring-connections/>

Share Parents of Utah 801-272-5355

A support group for families experiencing a pregnancy loss or infant death.

Angel Watch Bereavement Program 801-698-4486

Provides professional support services for parents whose unborn or newborn baby is diagnosed with a life-threatening or life-limiting condition. <https://intermountainhealthcare.org/services/womens-health/women-and-newborn-care/pregnancy/high-risk-pregnancy/angel-watch-bereavement-program/> or email angelwatch@imail.org

The Sharing Place 801-466-6730
Grief support for children

Meyers Mortuary, Ogden, UT 801-399-5613
For more information ask for Tami or Claire



UTAH COMMUNITY RESOURCES

Information

Information and Referral Center **Dial 211**
<http://www.uw.org/211/> Or 1-888-826-9790
For details about additional resources in your area on topics such as abuse, adolescents, grief/loss of loved one, divorce health, parenting, substance abuse and disability.

United Way of Utah County 801-374-2588
Community Resource list:
<http://utahcountycommunityresources.org/assets/childrens-health-and-resource-guide.pdf>

HIV/AIDS Information & Referral

Utah AIDS Foundation 1-800-366-2437 or 801-487-2323

Health Insurance

Affordable Care Act
Information go to: <https://www.healthcare.gov/>

Children's Health Insurance Program (CHIP)
Affordable health insurance for working families that earn too much for Medicaid and have children under the age of 19.
1-877-543-7669

Medicaid Eligibility 1-866-435-7414

Primary Care Network 1-888-222-2542
An insurance program for adult residents of Utah, aged 19 – 64 who have not had health coverage for six months and do not qualify for Medicaid.
<http://www.health.utah.gov/pcn/>

Unemployment Insurance Program 801-526-0950
1-866-4357414

Utah Medical Benefits <http://health.utah.gov/umb/>

Utah's Premium Partnership for Health Insurance
<http://www.health.utah.gov/upp/>

Find a Health Program Representative
<http://www.health.utah.gov/umb/documents/hpr.php>

Local Health Clinics

For a list of community health clinics in Utah, please go to:
<http://www.auch.org/community-health-centers/find-a-health-center>

In addition, the following clinics serve the metro area:

Midvale CBC Community Clinic 385-887-9002

Molina Health Clinics 1-877-665-4623

Sacred Circle Clinic (Tribal Members Priority)
Salt Lake City 801-359-2256

Local Health Departments

Bear River Health Dept. Logan, UT 84341	435-792-6500
Central Utah Public Health Dept. Richfield, UT84701	435-896-5451
Davis County Health Dept. Farmington, UT 84025	801-525-5000
Salt Lake County Health Dept. Salt Lake City, UT 84190	385-468-4100
San Juan County Public Health Monticello, UT 84535	435-678-2723
Southeastern Utah Dist. Health Dept. Price, UT 84501	435-637-3671
Southwest Utah Public Health Dept. St. George, UT 84770	435-673-3528
Summit county Public Health Dept. Coalville, UT 84017	435-336-3234
Tooele County Health Dept. Tooele, UT 84074	435-277-2300
Tricounty Health Dept. Vernal, UT 84078	435-247-1177
Utah County Health Dept. Provo, UT 84601	801-851-7024
Wasatch County Health Dept. Heber City, UT 84032	435-654-2700
Weber-Morgan Health Dept. Ogden, UT 84401	801-399-7100

Immunizations

Hotline 1-800-275-0659
Vaccine information, including no-cost or low-cost vaccines for eligible children through the Utah Vaccines for Children Program (VCF).





UTAH COMMUNITY RESOURCES



Lead Safe Housing Program

Helping families prevent lead poisoning 385-468-4892
<http://slco.org/lead-safe-housing/>

Legal Information/Consultation

Disability Law Center 801-363-1347
Legal aid for persons with disabilities.

Legal Aid Society 801-328-8849
Family Law. Fee based on ability to pay.

Utah Legal Services 801-328-8891
Legal Counsel and referral.

Utah State Courts Self-Help Center 1-888-683-0009
Provides information to help you understand your rights and responsibilities, and to help you resolve your legal problems on your own. For further information go to:
www.utcourts.gov/selfhelp/contact/

Mental Health

Utah Department of Human Services 801-538-3939
Mental health information and referral

National Alliance on Mental Illness 801-323-9900

Valley Mental Health 801-587-3000
24 hour crisis line 800-273-8255

Depression and Bipolar Support Alliance (national)
800-826-3632
<http://www.dbsalliance.org/site/PageServer?pagename=home>

University of Utah Neuropsychiatric Institute (UNI)
crisis line 801-587-3000

Utah Maternal Mental Health Collaborative
<http://www.utahmmhc.org/>

Valley Mental Health 801-244-4490

Weber Human Services, Ogden, UT 801-625-3700

National Child & Maternal Health Education Program
<https://www.nichd.nih.gov/ncmh/PMHM/Pages/index.aspx>

Polizzi Clinic 801-277-7740
Outpatient psychiatric care for low-income, uninsured children, adolescents and adults in Utah.
polizziclinic.org

Poison Control Statewide Toll free 1-800-222-1222

Pregnancy Information

Baby Your Baby Hotline 1-800-826-9662
<http://www.babyyourbaby.org/>

Catholic Community Services 801-977-9119
Immigration and refugee resettlement and other family services.

Pregnancy Information continued

Children's Service Society 801-355-7444
1-800-839-7444

Parenting advocacy, infant and special needs adoption; child care resource, referral, and provider training. Fee based on ability to pay. <http://cssutah.org/>

Childbirth Connection
Provides a wide range of pregnancy resources
<http://www.childbirthconnection.org/>

Pregnancy Risk Line/MotherToBaby 1-800-822-2229
<http://health.utah.gov/prl/>

Provides accurate and current information about the effects of environmental exposures, including medications and herbs, on pregnancy and breastfeeding. Open Monday through Friday 8:00 a.m. to 5:00 p.m.

March of Dimes 801-327-9464
<http://www.marchofdimes.org/>

Helps moms have full-term pregnancies and healthy babies. If something goes wrong, they offer information and comfort to families.

Find a Registered Dietician for Advice on Nutrition in Pregnancy Read and accept the disclaimer and proceed to the "Find a Nutrition Professional Consumer Search"
<http://www.eatright.org/>

Parenting Resources

Family Support Centers offer Crisis and Respite Nursery Care for parents, including additional support services. Utah has 11 Family support Centers. You can find a center near you by going to:
<http://utahfamilysupport.org> or by calling: 801-955-9110

Nurse Family Partnership is a home visiting program for first-time pregnant women who are no more than 28 weeks pregnant. The Program is free to all eligible women. Call the **Salt Lake Valley Health Department** at: 385-468-3878 or 385-468-3955 or www.nursefamilypartnership.org

Help Me Grow is a information and referral network, providing answers to parents relating to child development and parenting topics, including a birthing plan. Services are available at no cost in both English and Spanish to all families across Utah who are pregnant or have children up through age 8. For more information, call 801.691.5322 or visit www.helpmegrowutah.org

Prevent Child Abuse Utah/Parents as Teachers:
801-532-3404

www.preventchildabuseutah.org
www.healthyfamiliesamerica.org

Baby Watch Early Intervention 801-273-2998
<http://www.utahbabywatch.org/>
The program provides early identification and developmental services for families of infants and toddlers, ages birth to three.

UTAH COMMUNITY RESOURCES

Prenatal Care

**South Main Clinic @
Salt Lake County Public Health Department**
3690 S Main St Salt Lake City UT 385-468-4100

Oquirrh View Community Health Center
4745 S 3200 W Salt Lake City UT 801-964-6214

72nd Street Clinic
220 West 7200 South, Suite A
Midvale UT 801-566-5494

Teen Mother and Child Program
3690 S Main St. Salt Lake City UT 801-587-2525

Steven D Ratcliffe Community Health Center
1365 W 1000 N Salt Lake City UT 801-328-5750

Central City Community Health Center
461 S 400 E Salt Lake City UT 801-539-8634

Centro De Salud 801-908-0930
245 S 1100 E Ste 209 Salt Lake City UT

Ellis Shipp Clinic
4535 S 5600 W West Valley City UT 801-676-4405

IHC Nurse Midwives Services 801-507-7070
5063 Cottonwood St Ste 130 Salt Lake City UT

Mountainlands Community Health Center
215 W 100 N Provo UT 801-374-9660

People's Health Clinic
650 Round Valley Road Park City UT 435-333-1850

Midtown Community Health Center
2240 Adams Ave Ogden UT 801-393-5355

**Brigham City Community Health Center
(UT Farm Worker Health)**
14 N 100 E #200 Brigham City UT 435-723-8276

Midtown Community Health Center
272 1/2 N Main St Logan UT 435-752-7060

Wayne Community Health Center
128 N 300 W Bicknell UT 435-425-3744

Enterprise Valley Medical Clinic
223 S 200 E Enterprise UT 435-878-2281

**Southwest Utah Community Health Center/Family
Health Care**
25 N 100 E Ste 102 St George UT 435-986-2565

Prenatal Care continued

Doctors' Free Clinic
1036 E Riverside Dr St George UT 435-656-0022

Cedar City Clinic
1303 N Main St Cedar City UT 435-868-5500

Montezuma Creek Clinic 435-651-3291
262 East Highway Montezuma Creek UT

The Neighborhood Clinic 801-955-2360
855 West California Avenue SLC UT

Rose Park Elementary Clinic - IHC 801-364-2434
1105 West 1000 North SLC UT

Fourth Street Clinic 801-364-0058
404 South 400 West SLC UT

More resources on the following page...





UTAH COMMUNITY RESOURCES

Rape/Sexual Assault

Sexual Violence Crisis and Info Hotline: 1-888-421-1100
Rape Recovery Center 801-467-7273
Rape Crisis Resources Utah <http://health.utah.gov/vipp/pdf/RapeSexualAssault/rape-crisis-programs-Utah.pdf>

Smoking Cessation/Quit Programs & Info

American Cancer Society 1-800-227-2345
American Lung Association 1-800-586-4872
Utah Tobacco Quit Line 1-800-784-8669
For more information about programs in your area to help you or a loved one quit smoking, call your Local Health Department.

Sexually Transmitted Diseases/Infections

Planned Parenthood 1-800-230-7526
or 801-322-5571
Utah Department of Health STD Control Program
801-538-6191

Substance Abuse Counseling & Referral

House of Hope 801-487-3276
UT Dept of Human Services
Division of Substance Abuse 801-538-3939
Project Reality 801-364-8080
Dial 211 for substance abuse programs in your area.

Support Groups

Refugee & Immigrant Center 801-467-6060
Provides services such as tutoring, language, classes, translation, cultural activities and family counseling
Centro de la Familia de Utah 801-521-4473
Assistance for people of Latino descent. Parenting classes for new or soon-to-be mothers and fathers.
Indian Walk-In Center 801-486-4877
Assistance for Native Americans.
International Rescue Committee 801-328-1091
Refugee assistance.
NAACP (National Association for the Advancement of Colored People) 801-250-5088
1-877-637-1958

Teen Parenting

So Main Public Health Dept/Teen Mother & Child Program 801-587-2525

Teen Success-support group 801-532-1586
<http://www.plannedparenthood.org/utah/>
or <http://www.facebook.com/PPACofUtah>

Youth Resources

Just for Utah Youth <http://justforyouth.utah.gov/>
Information on housing, jobs, college scholarships, crisis information, transportation, money and health.

Utah Newborn Safe Haven

The Safe Haven law in Utah allows birth parents, or a designee, to anonymously give up custody of their newborn baby without facing any legal consequences. A newborn may be dropped off at any Utah hospital, no questions asked. Toll free: 1-866-458-0058
<http://www.utahsafehaven.org/>

Violence and Injury

Violence and Injury Prevention Program 801-538-6864
<http://www.health.utah.gov/vipp/index.html>

Domestic Violence LINK Line
Referrals for shelters, counseling etc. 1-800-897-5465

YWCA Domestic Violence Shelter Programs & Services
24 hour crisis line: 1-855-992-2752
or 801-537-8600 or <http://bit.ly/24AMots>

South Valley Services
Safe shelter and services for victims of domestic violence
24 hour crisis line: 801-255-1095
<http://svsutah.org/index.php/en/>

YCC (Your Community Connection) Family Crisis Center
Serving northern Utah communities
24 hour crisis line: 801-392-7273 or 801-394-9456
<http://bit.ly/25MJeyY>

Created by:
Utah Department of Health
Maternal & Infant Health Program
3760 Highland Dr, Salt Lake City, UT 84106
PO Box 142002
Salt Lake City UT 84114-2002
(801) 273-2871
<https://mihp.utah.gov> 06/2017

